

## **ABSTRACT OF THE DISCLOSURE**

**[97]** Apparatus and method for simulating a back and forth leg or foot movement, the apparatus comprising: a pair of pivotable support mechanisms supported on a frame, a pair of foot pedals mounted on the support mechanisms for back and forth movement along an arcuate path of translation movement, the foot pedals being adjustable to a selected segment of an overall arcuate path of translation movement. The apparatus includes handles or arms interconnected or interlinked to the foot pedals for upper body pushing or pulling energy input. The handles or arms pivot together with and in the same back or forth direction as the pedals to which they are interlinked.